

**Fifteen Powerful Cognitive, Emotive, and Behavioral Techniques for Defeating Anxiety and other Coexisting Conditions**  
**Schedule**

- 7:30 Registration, Coffee and Pastries  
8:00 Origin and evidence for cognitive behavior therapy  
8:30 Evidence-based methods for anxiety  
9:30 Evidence-based methods for depression  
10:00 Break  
10:15 Helping clients address coexisting conditions  
12:00 Lunch (included)  
1:00 Adjunctive techniques for dealing with anxiety and depression  
2:00 Break  
2:15 Relapse prevention  
3:00 Summary/Questions and answers  
3:30 Adjournment

**Program Objectives**

*The participant in this program should gain information to:*

1. Use basic cognitive, emotive, and behavioral interventions for worry, anxiety, and fear.
2. Apply five maintenance techniques to prevent anxiety relapses.
3. Identify common cognitive signatures for depression.
4. Use cognitive, emotive, and behavioral techniques to address depression.
5. Deal with conditions that commonly co-occur with anxiety and depression.
6. Use multiple techniques to address procrastination.
7. Help clients shift to a self-observant problem-solving style.
8. Show clients how to overcome secondary disturbances.
9. Use special techniques to advance client progress.
10. Help clients make and sustain lifestyle changes.

*In case of inclement weather or other emergency, please call 413-283-3411 Operator or Ext. 1546 after 6:30 a.m. or listen to WBZ 1030 AM radio.*

**Directions:**

MA Pike to exit 8, Palmer. Turn right after the tollbooth. Turn left at the second set of lights and then turn right onto Bridge St., and follow until you see Monson Developmental Center on the left. Enter at the second entrance and park behind the Gauthier Special Care Center (right into the parking lot before the third building on the right). The presentation is in Daly Hall Auditorium (next to Gauthier Special Care Center and Hillside Cafe) at Monson Developmental Center. Additional parking is available above Buckley Building across from Daly Hall.

**Fifteen Powerful Cognitive, Emotive, and Behavioral Techniques for Defeating Anxiety and other Coexisting Conditions**

This seminar will include a review of the origins and evidence for cognitive-behavioral therapy and its application to anxiety, depression, and coexisting conditions. In this seminar, Dr. Bill Knaus will describe multiple innovative and evidence-based cognitive, emotive, and behavioral approaches for addressing anxiety and depression and for maintaining gains.

People with anxiety or depression normally experience co-occurring conditions such as anger, perfectionism, inappropriately low frustration tolerance, social difficulties, self-concept disorders, and substance abuse. Dr. Knaus will show how to identify and effectively address these conditions. He will explain how to apply procrastination technology to help clients follow through on self-help activities. He will describe the use of adjunctive methods to support therapeutic progress. He will explain how to use his five-phases of change approach to help clients make and maintain measurable gains.

Dr. Bill Knaus is a three-time best selling author of 15 books and numerous articles. His three most recent New Harbinger books are on cognitive behavioral approaches for procrastination, depression, and anxiety. He brings 38 years of experience in the area of cognitive-behavioral therapy and rational emotive behavioral therapy. He has developed an evidence-based positive mental health program for children, is the foremost international authority on methods for addressing procrastination, and wrote the seminal manual for the national SMART Recovery program for helping people address substance abuse habits. His recent book on blame received considerable acclaim. Dr. Knaus was the second director of postgraduate training at the Albert Ellis Institute in New York City, and contributed as one of the pioneers of this approach. He has appeared on national television, and his work has appeared in major US newspapers and national magazines.

**Registration**

Program cost:

- \$40 - early registration (on/before October 1, 2008)  
\$30 – early registration for DMR employees  
\$50 – registration after October 1, 2008

**Make check payable to: MECO**

Send to: Susan Boucher  
Monson Developmental Center  
175 State Avenue  
Palmer, MA 01069

Registration Deadline is October 6, 2008

Registrations will be accepted at the door on a space available basis—please contact Susan Boucher as to space available.

**For Group Rates or other information call or Susan Boucher at 413-283-1315 or 283-1304.**

**Monson Developmental Center is handicap accessible. If special accommodations are needed, please contact Rocky Blazejowski or Susan Boucher at 413-283-1315 or 283-1304.**

**Cancellations:**

*If a sufficient number of registrations are not received by October 1, 2008 we reserve the right to cancel the workshop and return fees.*

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Work Affiliation: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Work #

Home#

CE REQUESTED: \_\_\_\_\_

Refunds will not be given after October 3, 2008.